

Find Your Acoustic



Guitar Muse!

Pat is back for another Guitar session. Beginner students will be introduced to rhythm guitar and chord progressions, song transposition "Aka, you'll

learn how to play your favorite songs." Students will also get started understanding the fundamentals of musical theory and concepts as it relates to practical application. "Basically this means, you'll learn how to play in a group setting, a band, or under the camp fire with a few friends. You want to play with other people eventually, right?" Second session students will pick-up where they left off. Right now only four (1/2 hour) 2x a week time slots are available for sign-up. (see days/time frames below) Sign-up time slots are offered on a first-come first-serve basis.

Who: Open to all ages
When: Mondays & Thurs.
March 1st - April 8th
1) 4pm 2) 4:30
3) 5pm 4) 5:30
Cost: \$180 for 6 weeks
(2x wk)(AKA \$15/class)

Register by February 22nd

Instructor: Patrick Fraser has over 10 years of playing/instruction experience and is currently a professional educator in the seacoast area. He also enjoys performing locally with various bands. Checks or money orders made out to Pat Fraser. Sorry, no cash registrations. This class is not run by Newmarket Recreation.

Floral Arrangements

Each month you will create a beautiful, fresh flower centerpiece appropriate for the month of the holiday season. Each participant will learn basic art of floral design and leave with a centerpiece that they created. Material costs may vary each month.



Who: Adults
When: Tuesdays, 1:30pm - 2:45pm
• Valentines Day, February 9th,
• Easter Bouquet, March 30th
• Mother's Day, May 4th
Where: Sunrise Sunset Center
Cost: \$8 /class instruction + materials costs
Call 659-4469 to register each month. Space limited.
Instructor: Pat Cowhig is a floral designer and has been the manager of Flora-Venture for many years.

Thinking about getting back in touch with your younger self? Ever have the urge to play a summer camp or recess classic? Well here is your chance. Newmarket Recreation is now offering an Adult Co-ed Kickball League. The games will be 9 v 9 and they will be located at the New Leo Landroche B Field here in Newmarket after June 1, 2010. Sign ups are at the Community Center and you can sign up an entire a team or you can sign up individually and we will help you get on a team. So come out and enjoy this classic game with us here at the Rec Department. Call Jon Dudley at 659-8581 if you want to play, but don't have a team. Team schedules will be out later. Co-Ed Kick-ball is for ages 18 and over. Cost \$180 per team

Get Active!



PiYo™ - Pilates / Yoga Fusion

PiYo™ is an athletic blend of Pilates, Yoga, and so much more. This mat class includes modifications for the group exercise environment, yet offers exercise progressions to challenge all levels of participants. PiYo is designed to increase strength, flexibility, and coordination.

Instructor: Dana Rossignol is a certified instructor of PiYo. She loves teaching and helping others to reach their fitness goals. She also holds a Gold certification in Turbo Kick.

NEW! Personal Training: Dana will now be offering personal training sessions for those interested. Please contact Dana directly by emailing her at piyo_dana@yahoo.com or call her home: 292-6343 for info/scheduling.

Who: Teens - Adults
When: Mondays, - 6:30pm to 7:30pm
Just Added! Thursdays, 6:30 to 7:30pm
No classes on federal holidays.
Cost: \$6 drop-in fee
Register by: Ongoing - just show up!

Zumba Gold Fitness

This amazing program is very easy to follow so anyone at any age will be able to do Zumba Gold. The Zumba® Gold Fitness program was designed for the true beginner, people who are not used to exercising, people who may be limited physically, and/or the active older adult. The main difference between Zumba Gold and Zumba Basic is Zumba Gold is done at a lower intensity, not as fast, but it certainly is as fun. All the same great Latin styles of music and dance are used. Dances that are specifically highlighted in this program include the Merengue, Salsa, Cha Cha, Cumbia, Rock & Roll (including Twist and Charleston), Belly Dance, Flamenco, and Tango. Instructor: Aimee Gigandet, Asst. Recreation Director, is a certified Zumba Gold Instructor.



Who: Adults
When: Mondays, - 12:15pm - 1:00pm
No classes on federal holidays.
Classes held at the Sunrise Sunset Activity Center
Cost: \$4 drop-in fee
Register by: Ongoing - just show up!

Recess is Back for Adults! Adult Co-Ed Kickball League